

Spotlight

May - June 2023

Adult 50+ Program



HIGHLIGHTS

As we enjoy the warm weather of spring and welcome the coming of summer, the Adult 50+ Program staff extends warm wishes to Cheri Anderson, our Program Coordinator, as she moves on to new adventures.

During Cheri's nine year tenure, she expanded the program to one that offers many classes, speakers, monthly lunches, and other exciting activities. Most notably, Cheri put energy into developing the Pickleball program by using space at Egan Gym and Grant Park Basketball Court for lessons and drop-in play. We thank Cheri for her years of service to the City of Los Altos, and the contributions she's made to the Adult 50+ Program for the benefit of the community. Come say good-bye and give her your best before she leaves mid-May. The Adult 50+ Program staff will continue to offer the same high-quality programming we always have, and we look forward to seeing you at our upcoming activities.

We encourage you to support the Adult 50+ Program by becoming a Premier Passport Member! With the membership, you will receive a 20% discount off classes and many activities, Pickleball and Ping Pong free play, as well as eligibility for mini-trips and meet-ups, and much more. Don't miss out on this great opportunity!

Our regularly scheduled lunch on Thursday, June 22, is rescheduled for Thursday, June 15, at 12 PM. Join us for good food and great company. Ping Pong at the Los Altos Community Center has been cancelled for Thursday, June 15 and June 22. Join us the following Thursday, June 29, for fun and exercise!

Programs Events & Activities

3rd Thursday Movies

Los Altos Community Center (LACC)/ Sequoia Room

Fee: \$0 member/\$1 non-member

Captain Phillips [Thursday, May 18 at 12:30 PM](#)



The true story of Captain Richard Phillips, played by Tom Hanks, and the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years. In the ensuing standoff, Phillips and Muse, the Somali pirate captain played by Barkhad Abdi, find themselves at the mercy of forces beyond their control. Action, drama, thriller.

The Descendants [Thursday, June 15 at 12:30 PM](#)



Matt King, played by George Clooney, a descendant of one of Hawaii's first white land-owning families, must decide whether to open up a vast tract of virgin forest on Kauai to tourist and condo development. At the same time, he faces a personal crisis after his wife is seriously injured in a boating accident and trying to reconnect with his two daughters. A thoughtful drama with some comedic moments.

Drop-In Ping Pong

All levels welcome

Fee: \$0 member/\$3 non-member

No Ping Pong on June 15 and 22

Join the fun of Ping Pong, now featured at Grant Park and the Los Altos Community Center. That's right, we have expanded this action-packed program to both locations.

Los Altos Community Center (LACC)/Grand Oak Room

[Thursdays, 11:15 AM - 2 PM](#)

[Every 4th Thursday, Ping Pong will be held in the Birch Room, 11:15 AM - 2 PM](#)

Grant Park/Multi-Purpose Room

[Mondays, 10:30 AM - 1 PM](#)



Bocce Ball Learn to Play Extravaganza

New to Bocce ball? Join the complementary six-week series of instruction and fitness.

When: Six-week series, every Thursday, **May 4 - June 8, 11 AM - 1 PM.**

Where: Los Altos Community Center Bocce Ball Courts, 97 Hillview Avenue

***Register on CivicRec or call the Center at (650) 947-2797**

Adult 50+ Program

Los Altos Community Center (LACC) Bocce Ball Open Play

[Monday -Thursday 9 AM - 1 PM](#)



All levels welcome

Fee: \$0 member, \$3 resident, \$5 non-resident, \$1 Youth.

No Pickleball on May 29, June 12, and June 19



New to Pickleball? No worries, our beginner net is ready for you. Staff and players are available to support you in rules, as well as hints to make playing more fun. Pickleball is always a rollicking good time!

(Pictured above) St. Patrick's Day merrymakers proudly flaunting their temporary tattoos, and Cheri being serenaded with Happy Birthday.

Intergenerational Indoor Pickleball

Egan Junior High School Gym.

100 W Portola Ave, Los Altos

[Mondays/Wednesdays, 6:30 - 9:30 PM](#)

Members' Pickleball Loaner Program at Grant

Grant Park Basketball Court

1575 Holt Ave, Los Altos

[Mondays, 10 AM - 1:30 PM](#)

Adult 50+ Program (650) 947-2797

***Register/Create your account on CivicRec at [LosAltosRecreation.org](https://www.losaltosrecreation.org) and click on "View Classes"**

Speaker: Development Services Director, Nick Zornes

Free activity

Grant Park Community Center, Multi-purpose Room

[Wednesday, May 24, 11 AM – 12 PM](#)

Find out what the Housing Element is and what the future of our city will look like. Development Services Director Nick Zornes will also discuss how code enforcement will be managed moving forward.

Speaker: Ellen Barker

Free activity

Grant Park Community Center, Room 3

[Wednesday, May 31, 11 AM](#)



Join author Ellen Barker as she shares her book, "East of Troost." Ellen looks back at her teen years during the Civil rights era, when the red line delineated the area where black families were allowed to live. Refreshments to follow.

The City of Los Altos Adult 50 + Program & Los Altos Sunset Rotary Shredding Event at LACC

Free activity

Los Altos Community Center (LACC)/Outside in the parking lot of 97 Hillview Ave

[Tuesday, June 13, 4:30 - 6:30 PM](#)



Mark your calendar! The Los Altos Sunset Rotary, in collaboration with the Adult 50+ Program, is offering a shredding event for Adult 50+ participants. This event will take place in the parking lot at the Los Altos Community Center on Hillview Avenue.

Bring documents and paperwork that you would like to have shredded.

Block Action Teams (BATs)

Free activity

Grant Park Community Center, Multi-purpose Room

[Wednesday, June 14, 12 PM](#)

Art Whipple is one of the leaders of Resilient Los Altos (RLA). RLA assists neighbors with the organization of Block Action Teams (BATs), Community Emergency Response Teams (CERTs), and amateur radio operators (called HAMS) devoted to neighbors helping neighbors. Find out how these groups come together to prepare and respond to emergency situations in Los Altos and surrounding communities.

Speaker: Dr. Arun Dhir

Free activity

Grant Park Community Center, Multi-purpose Room

[Wednesday, June 28, 11 AM](#)



Join author Dr. Arun Dhir for his presentation on his book "Your Mess Has A Message." It includes strategies on how you can bring conscious resilience to your daily routine. Dr. Dhir speaks from decades of experience as a surgeon, lecturer, and yoga and meditation instructor.

Adult 50+ Program (650) 947-2797

***Register/Create your account on CivicRec at [LosAltosRecreation.org](https://www.losaltosrecreation.org) and click on "View Classes"**

Class & Activity Highlights

BOCCE BALL

Monday through Thursday
Los Altos Community Center
LACC Bocce Ball Court
 9 AM-1 PM
 Outdoor court. Equipment provided.

CHESS

Monday

Grant Park

9 AM-2 PM

Wednesday

Los Altos Community Center

LACC Lobby

9 AM-1 PM

Contact Ben for information

(650) 400-0353

All Levels Welcome

MEDITATION WITH VIJAY DHIR

Virtual class via Zoom

Monday

Grant Park

9-10AM

LET'S MAKE MUSIC JAM SESSION

Monday

Grant Park

10 AM-12 PM

Bring your favorite instrument and join in no-stress music fun.

FITNESS DANCE AND FUN

Virtual class using Google Meet

Monday and Thursday

1-2 PM

Join Xochitl

meet.google.com/ixq-yoqm-wac

Low-impact cardio/dance, strength training, and stretching exercises for seniors using chair, exercise ball, and resistance bands.

MEMOIR WRITING

Monday and Select Tuesday

Los Altos Community Center

LACC Apricot Room

1:30-3 PM

April 17-May 22

\$62 member/\$72 non-member

1:30-3:30 PM

June 5-June 26

\$52 member/\$62 non-member

LINE DANCING

Tuesday

Los Altos Community Center

LACC Grand Oak Room

1-2 PM

May 2-May 30

\$27 member/\$30 non-member

June 13-July 11

\$22 member/\$24 non-member

TECH TUTOR APPOINTMENTS

Select Mondays and Tuesdays

Los Altos Community Center

1-hour appointments with Ellen Chu

1-3 PM

Need tech help?

Contact Adult 50+ Program to schedule an appointment.

HICAP APPOINTMENTS

Health Insurance Counseling

& Advocacy Program

Third Tuesday

Los Altos Community Center

1-hour appointments with Nancy Lee

1-4 PM

Help with Medicare information?

Contact Adult 50+ Program to schedule an appointment.

CHEN STYLE TAI CHI

Wednesday

Shoup Park Garden House

11 AM-12:15 PM

April 5-May 17

\$117 member/\$138 non-member

June 7-August 16

\$108 member/\$132 non-member

Virtual class via Zoom

Kathleen McCarty leads exercises to open the joints and relax the muscles and tendons, which increase mobility and stability.

BOOK CLUB

Third Wednesday

Grant Park

11 AM-12 PM

May 17

"The Only woman In The Room" by

Marie Benedict

June 21

"Lessons in Chemistry" by

Bonnie Germus

Contact Janet

jharpca@comcast.net

The library supplies the books!

CHAIR YOGA WITH VIJAY DHIR

Wednesday

Grant Park

9:45-10:15 AM

INTERMEDIATE BRIDGE CLASS

Thursday

Los Altos Community Center

LACC Sycamore

10 -11:30 AM

April 6-June 1

Free

AMERICAN MAH JONGG

Wednesday

Grant Park Room 1

April 12-May 31

June 14-August 9

Beginning Mah Jongg Class

9:30-11:30 AM

Open Play Mah Jongg

11:30 AM-2 PM

Thursday

Los Altos Community Center

LACC Sycamore Room

Open Play Mah Jongg

11:30 AM-2 PM

Free

FROM THE CAPE OF GOOD HOPE TO MOUNT KILIMANJARO

Thursday

Virtual class via Zoom

April 6-May 25

11 AM-12 PM

Online presentation by Mike Blum

8-Week Speaker Series

<https://us06web.zoom.us/j/82913535187?pwd=eWE0VVB1T3J4b3VJazMzUlkvNE0rQT09>

Meeting ID: 829 1353 5187

Passcode: 714312

Free

BOCCE BALL LEARN TO PLAY EXTRAVAGANZA

Thursday

Los Altos Community Center

LACC Bocce Ball Court

May 4-June 8

11 AM-1 PM

Free

RUMMIKUB

Thursday

Los Altos Community Center

LACC Sycamore Room

11 AM-1 PM

Learn to play this tile-based board game. Combines elements of rummy card game and Mah Jongg.

FOREIGN AFFAIRS

Friday

Virtual class via Zoom

April 7-June 2

10:30 AM-12 PM

\$64 member/\$77 non-member

June 16-August 11

\$64 member/\$77 non-member

Participants meet online to discuss a range of foreign affairs topics with Ken Peterson.


Adult 50+ Program (650) 947-2797

*Register/Create your account on CivicRec at [LosAltosRecreation.org](https://www.losaltosrecreation.org) and click on "[View Classes](#)"

Fees, if applicable, are noted.



MAY 2023 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Schedule 1 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 1:30-3 PM Lyn C. Memoir writing 6:30-9:30 PM Pickleball (Egan Gym)	Tuesday Schedule 2 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-2 PM Richard C. Line Dancing 1-3 PM Ellen C. Tech Tutor (appt)	Wednesday Schedule 3 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers 11 AM-12:15 PM Kathleen M. Chen Tai Chi (Garden House) 6:30-9:30 PM Pickleball (Egan Gym)	Thursday Schedule 4 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 10-11:30 AM Marcia S. Class Intermediate Bridge 11 AM-12 PM Mike B. Presentation: From the Cape of Good Hope to Mount Kilimanjaro* 11 AM-1 PM Play Rummikub 11 AM-1 PM Bocce Ball Learn to Play Extravaganza 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play Pinochle 11:30 AM-2 PM Play American Mah Jongg 1-2 PM Xochitl M. Fitness Dance and Fun*	Friday Schedule 5 10:30 AM-12 PM Ken P. Foreign Affairs*
8 <u>Monday Schedule repeats</u>	9 <u>Tuesday Schedule repeats</u> <u>plus</u> 10:30 AM-12 PM Cultural Exchange	10 <u>Wednesday Schedule repeats</u>	11 <u>Thursday Schedule repeats</u>	12 <u>Friday Schedule repeats</u>
15 <u>Monday Schedule repeats</u> <u>plus</u> 1-3 PM Ellen C. Tech Tutor (appt)	16 <u>Tuesday Schedule repeats</u> 1-4 PM Nancy L. HICAP (appt) <u>No Tech Tutor</u>	17 <u>Wednesday Schedule repeats</u>	18 <u>Thursday Schedule repeats</u> <u>plus</u> 12:30-2:30 PM Movie "Captain Phillips" Sequoia Room	19 <u>Friday Schedule repeats</u>
22 <u>Monday Schedule repeats</u>	23 <u>Tuesday Schedule repeats</u> <u>No Tech Tutor</u>	24 <u>Wednesday Schedule repeats</u> <u>No Chen Tai Chi class</u>	25 <u>Thursday Schedule repeats</u> <u>plus</u> 12 PM Lunch	26 <u>Friday Schedule repeats</u>
29  <u>No Pickleball</u> <u>Center Closed</u>	30 <u>Tuesday Schedule repeats</u>	31 <u>Wednesday Schedule repeats</u> <u>No Chen Tai Chi class</u>		


Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
- Call for Appointment/Registration Required
- ★ Online activities are marked with an asterisk.
- Check both location calendars.

NOTE: Calendars are not a comprehensive listing of all programs.
 Schedule subject to change.

LACC
Adult 50+ Program
 Sycamore & Cedar Rooms
 97 Hillview Avenue
 Los Altos, CA 94022
 Mon-Thu: 9 AM-2 PM
 (650) 947-2797

JUNE 2023 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ <u>Thursday Schedule</u> 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 10-11:30 AM Marcia S. Class Intermediate Bridge 11 AM-1 PM Play Rummikub 11 AM-1 PM Bocce Ball Learn to Play Extravaganza 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play Pinochle 11:30 AM-2 PM Play American Mah Jongg 12:45-2 PM Santa Clara County Fire Department Presentation: Crime Prevention/Home Fire Safety, Sycamore Room 1-2 PM Xochitl M. Fitness Dance and Fun*	² <u>Friday Schedule</u> 10:30 AM-12 PM Ken P. Foreign Affairs*
⁵ <u>Monday Schedule</u> 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 1:30-3:30 PM Lyn C. Memoir writing, Apricot Room 6:30-9:30 PM Pickleball (Egan Gym)	⁶ <u>Tuesday Schedule</u> 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-3 PM Ellen C. Tech Tutor (appt)	⁷ <u>Wednesday Schedule</u> 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers 11 AM-12:15 PM Kathleen M. Chen Tai Chi (Garden House)* 6:30-9:30 PM Pickleball (Egan Gym)	⁸ <u>Thursday Schedule repeats</u> <u>No Intermediate Bridge class</u>	⁹ <u>Friday Schedule repeats</u> <u>No Foreign Affairs</u>
¹² <u>Monday Schedule repeats</u> <u>No Pickleball</u>	¹³ <u>Tuesday Schedule repeats plus</u> 10:30 AM-12 PM Cultural Exchange 1-2 PM Richard C. Line Dancing 4:30-6:30 PM Los Altos Sunset Rotary-Shredding Event, LACC Parking Lot	¹⁴ <u>Wednesday Schedule repeats</u> <u>No Pickleball</u>	¹⁵ <u>Thursday Schedule repeats plus</u> 12 PM Lunch 12:30-2:30 PM Movie "The Descendants" Sequoia Room <u>No Ping Pong</u> <u>No Learn to Play Bocce Ball</u> <u>No Intermediate Bridge class</u>	¹⁶ <u>Friday Schedule repeats</u>
¹⁹  <u>No Pickleball</u> <u>Center Closed</u>	²⁰ <u>Tuesday Schedule repeats plus</u> 1-2 PM Richard C. Line Dancing 1:30-3:30 PM Lyn C. Memoir writing, Apricot Room 1-4 PM Nancy L. HICAP (appt)	²¹ <u>Wednesday Schedule repeats</u>	²² <u>Center Closed</u> <u>Annual Staff Retreat</u>	²³ <u>Friday Schedule repeats</u>
²⁶ <u>Monday Schedule repeats plus</u> 1-3 PM Ellen C. Tech Tutor (appt)	²⁷ <u>Tuesday Schedule repeats plus</u> 1-2 PM Richard C. Line Dancing <u>No Tech Tutor</u>	²⁸ <u>Wednesday Schedule repeats</u>	²⁹ <u>Thursday Schedule repeats</u> <u>No Learn to Play Bocce Ball</u> <u>No Intermediate Bridge class</u>	³⁰ <u>Friday Schedule repeats</u>

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
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- ✱ Online activities are marked with an asterisk. Check both location calendars.

LACC
 Adult 50+ Program
 Sycamore & Cedar Rooms
 97 Hillview Avenue
 Los Altos, CA 94022
 Mon-Thu: 9 AM-2 PM
 (650) 947-2797

NOTE: Calendars are not a comprehensive listing of all programs.
 Schedule subject to change.

Classes/Events/Activities (including Online)

Grant Park

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

MAY 2023

JUNE 2023

Monday	Wednesday	Monday	Wednesday
Monday Schedule 1 9-10 AM <i>Vijay D. Meditation*</i> 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10 AM-12 PM <i>Barry H. Let's Make Music Jam Session</i> 10 AM-1:30 PM Members Pickleball, basketball court 10:30 AM-1 PM Ping Pong 11 AM-12 PM <i>Jack T. Conversation Group, Room 3</i> 1-2 PM <i>Xochitl M. Fitness Dance and Fun*</i>	Wednesday Schedule 3 9:15 AM-2 PM Play Bridge 9:30-11:30 AM <i>Marilyn L. Class American Mah Jongg, Room 1</i> 9:45-10:15 AM <i>Vijay D. Chair Yoga, Room 3</i> 10:15-10:45 AM <i>Eleanor Stretching & Walking</i> 11:30 AM-2 PM Play American Mah Jongg, Room 1 1-2 PM <i>Bob, Marilu & Xochitl Dance Exercise</i>	Monday Schedule 5 9-10 AM <i>Vijay D. Meditation*</i> 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10 AM-12 PM <i>Barry H. Let's Make Music Jam session</i> 10 AM-1:30 PM Members Pickleball, basketball court 10:30 AM-1 PM Ping Pong 11 AM-12 PM <i>Jack T. Conversation Group, Room 3</i> 1-2 PM <i>Xochitl M. Fitness Dance and Fun*</i>	Wednesday Schedule 7 9:15 AM-2 PM Play Bridge 9:45-10:15 AM <i>Vijay D. Chair Yoga, Room 3</i> 10:15-10:45 AM <i>Eleanor Stretching & Walking</i> 11:30 AM-2 PM Play American Mah Jongg, Room 1 1-2 PM <i>Bob, Marilu & Xochitl Dance Exercise</i>
Monday Schedule repeats 8	Wednesday Schedule repeats plus 10 11:15 AM Lunch 12 PM <i>Dr. Scott Cady Presentation: The Mutiny on the Bounty, Multi-purpose room</i>	Monday Schedule repeats 12	Wednesday Schedule repeats plus 14 9:30-11:30 AM <i>Marilyn L. Class American Mah Jongg, Room 1</i> 11:15 AM Lunch 12 PM <i>Block Action Teams (BAT's)- Find out how these groups come together to help the community, Multi-purpose Room</i>
Monday Schedule repeats 15	Wednesday Schedule repeats plus 17 11 AM-12 PM Book Club, Room 3	<div>  <p>JUNE TEENTH Freedom Day JUNE 19</p> </div> <p>Center Closed</p>	Wednesday Schedule repeats plus 21 9:30-11:30 AM <i>Marilyn L. Class American Mah Jongg, Room 1</i> 11 AM <i>Dr. Scott Cady Presentation: Spanish and Italian Explorers who Explored the World, Multi-purpose Room</i> 11 AM-12 PM Book Club, Room 3
Monday Schedule repeats 22	Wednesday Schedule repeats plus 24 11 AM <i>Nick Zornes Presentation: Housing Element & What the Future of our City will Look Like, Multi-purpose Room</i>		
<div>  <p>MEMORIAL DAY</p> </div> <p>Center Closed</p>	Wednesday Schedule repeats plus 31 11 AM <i>Ellen Barker Presentation: Her Book, "East of Troost," Room 3</i>	Monday Schedule repeats 26	Wednesday Schedule repeats plus 28 9:30-11:30 AM <i>Marilyn L. Class American Mah Jongg, Room 1</i> 11 AM <i>Dr. Arun Dhir Presentation: His Book, "Your Mess Has A Message," Multi-purpose Room</i>

Legend

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NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.

**Grant Park
Adult 50+ Program
Room 4
1575 Holt Avenue
Los Altos, CA 94024**

**Mon/Wed: 9 AM-2 PM
(650) 947-2797**



Los Altos Adult 50+ Program



SPOTLIGHT NEWSLETTER

Email: rec-info@losaltosca.gov

There is a \$6 annual fee for the Spotlight to be mailed to your address.

Change Service Requested

